

Bayside celebrates its first year in Poquoson

By Petey Husson

"Take friendship and love, mix them with tenderness. Blend thoroughly with loyalty. Add hope, faith and sprinkle with forgiveness. Serve daily with laughter."

This is the motto that has brought Bayside Convalescent Center from an empty, brand-new facility to a full capacity home with 60 residents in one year.

Bayside recently held a first anniversary party, inviting residents and families to celebrate the success of their first year, looking back on the event and activities of 1989.

The party featured a rendition of "You Light up my Life" by Shirley Bunting, a regular volunteer at Bayside, and an overview of the monthly "social scene" given by Louise Quick.

Mary Ward recognized the staff who have been with them since they opened their doors: Helen Metzger, Gloria Kenerley, Lois Parker, Louise Stone, Jane Cantwell, Ruth Summerow, Teresa Davis and Ray Baker, volunteer extraordinaire, who later entertained the guests with piano music. Also recognized was Bayside's first resident, Mrs. Lounetta Topping.

Mary Kay Weston, principal of the Primary School, told the guests about the Business Partnership between Bayside and the children of the Primary school.

"This is the first year for both of us," began Weston, and went on to tell about all the activities and visitations of the two groups. She cited the benefits of fostering friendship

between the elderly and young children.

She stressed that the residents "are like grandparents to the children" and being together is "part of the experience of real life" that schools try to give to students.

Two Primary School second grade students involved in the Penpal program were invited guests. Kelly Melton presented a model of Bayside that she created and Joshua O'Connell gave the short talk on "What Bayside means to me" that he had given to several hundred principals and business partners at a Christopher Newport College breakfast.

The Business Partnership is one way of making life at Bayside more special for residents. Ward puts the residents as first priority and recommends that people seeking a nursing home visit several and compare. She suggests visiting at mealtime and observing, being aware that even if the administrative staff is busy, a prospective resident should be able to see the facility and a staff member even if just dropping in that day.

"We want the residents to feel secure, as if this is their home." She and her staff try to be available at all times, to listen, to assist or just to say hello and give hugs.

She gives credit to staff and volunteers for their success as well as word of mouth recommendations from families that have brought new residents to Bayside. Also she praises the community of Poquoson for their support.



Joshua O'Connell and Kelly Melton, second graders at Poquoson Primary School, visit with their personal penpals, Mr. and Mrs. Edward Bradshaw, in their room at Bayside Convalescent Center. Many students from Mrs. Barbara Adcox's and Mrs. Linda Gardner's second grade classes are writing and receiving letters and cards from residents of Bayside. (photo by Petey Husson)



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The Cooking Column

Offer a warm crab meat dip to your special Super Bowl guests this weekend. The following two scrumptious recipes come from staff members Jorja Deans and Joy Rezek.

Jorja's Crab Dip

1/2 to 3/4 lb. crab meat
6 oz. softened cream cheese
1/4 cup mayonnaise
1/2 tsp. minced chives
1 tsp. minced onions
1/8 tsp. garlic
1/8 tsp. salt
1/4 tsp. Worcestershire sauce
3 drops Tabasco (or to taste)
1/4 cup Half & Half

Joy's Crab Dip

2 8 oz. Cream Cheese (softened)
1 lb. crab meat
2T. milk
4 tsp. Worcestershire Sauce
20 drops Tabasco
Chopped nuts
Combine soft cream cheese, milk and other ingredients. Add crab meat and mix well. Heat at 350° for 15 minutes. Serve with crackers.

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